

Please amend claims 1, 5, 7, 9, 11, 13, 15, 23 and 28 as follows:

A1
1. (AMENDED) A traditional snack food for reducing blood cholesterol levels and controlling postprandial blood glucose and insulin levels in humans or lower animals, comprising a mixture of:

- (a) at least about 0.75 grams of beta-glucan soluble fiber or a source of beta-glucan soluble fiber per single reference serving; and
- (b) a non-digestible fat or a source of non-digestible fat.

A2
5. (AMENDED) The composition of claim 1 wherein said composition is a food comprising, on a single reference serving basis:

- (a) at least about 0.75 grams of beta-glucan soluble fiber; and
- (b) at least about 1 gram of non-digestible fat.

A3
7. (AMENDED) The food of claim 5 wherein said food comprises:

- (a) from about 0.75 grams to about 7.5 grams of beta-glucan soluble fiber;
- and
- (b) from about 1 gram to about 16.0 grams of non-digestible fat.

A4
9. (AMENDED) The food of claim 1 wherein said food is a cracker, filled cracker, potato crisp, extruded snack or filled extruded snack.

A5
11. (AMENDED) The composition of claim 1 wherein said composition is a food comprising, on a 30 gram basis:

- (a) at least about 0.75 grams of beta-glucan soluble fiber; and
- (b) at least about 1 gram of non-digestible fat.

A6
13. (AMENDED) The food of claim 11 wherein said food comprises:

- (a) from about 0.75 grams to about 7.5 grams of beta-glucan soluble fiber;
- and
- (b) from about 1 gram to about 16.0 grams of non-digestible fat.

A7

15. (AMENDED) The food of claim 11 wherein said food is a cracker, filled cracker, potato crisp, extruded snack or filled extruded snack.

A8

23. (AMENDED) A sheetable dough comprising a sufficient amount of beta-glucan soluble fiber or source of beta-glucan soluble fiber to provide said dough with a beta-glucan soluble fiber level of at least about 2% by weight.

A9

28. (AMENDED) A traditional snack food comprising, on a 30 gram basis, at least about 0.75 grams of beta-glucan soluble fiber.